

Physical Activity and Adults with Disabilities PSA (:60)

Adults with disabilities who get no aerobic physical activity are 50 percent more likely to have heart disease, stroke, diabetes, or cancer. In the U. S. more than 21 million adults 18 to 64 years of age have a disability. These are adults with serious difficulty walking, climbing stairs, hearing, seeing, concentrating, remembering, or making decisions. Adults with disabilities are 82 percent more likely to get physical activity if their doctors recommend it.

Doctors and other health professionals can use these five steps to help their patients with disabilities be physically active.

1. Know the Health and Human Services Physical Activity Guidelines for Americans;
2. Ask patients about their current level of activity;
3. Discuss barriers to physical activity;
4. Recommend physical activity options; and
5. Refer patients to resources and programs.

To learn more, visit cdc.gov/vitalsigns.